

Pick-WIC Paper

NORTH DAKOTA WIC PROGRAM

September 2012

Caribbean Casserole

Simple Skillet Pizzas

Chicken Tacos

Refrigerator Bran Muffins

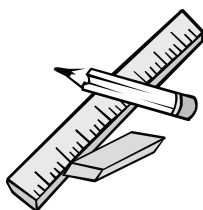
Baked Oatmeal

Caribbean Casserole

1 tablespoon oil such as canola, vegetable, etc.
1 medium onion, coarsely chopped
½ green pepper, diced
1 can (14.5 ounces) stewed tomatoes (do not drain)
1½ teaspoons oregano
½ teaspoon garlic powder
¼ teaspoon pepper
2 teaspoons chicken soup base or ¾ teaspoon salt
1½ cups instant brown rice
1 can (15 ounces) black beans, rinsed and drained
½ - ¾ cup water, as needed to make rice soft

1. In a large skillet, heat oil over medium heat.
2. Add onion and green pepper to the skillet and cook until tender.
3. Add the rest of the ingredients.
4. Bring to a boil. Cover.
5. Reduce heat to low and cook 5-10 minutes.
6. Remove from heat. Keep covered. Let sit 5 minutes before serving.

Recipe adapted from: SNAP-Ed Connection



Nutrition Note: This recipe makes 7 servings. Each serving has 180 calories, 3 grams of fat and 31 grams of carbohydrates.

Cut Back on Your Kid's Sweet Treats

Make your own snack mixes from dry whole-grain cereal, dried fruit, and unsalted nuts or seeds. Provide the ingredients and allow your kids to choose what they want in their "new" snack. (Be careful with nuts, seeds and dried fruit for children under four because of choking.).

Source: www.ChooseMyPlate.gov

Simple Skillet Pizzas

6 whole wheat tortillas
1 cup pasta sauce
3 cups reduced-fat shredded cheddar cheese
1½ cups seasoned lean ground beef or chicken, cooked
1½ cups chopped romaine lettuce
1½ cups diced tomato

1. Coat skillet with non-stick cooking spray and bring to a medium-high heat.
2. Start by toasting one tortilla in the skillet for 30 seconds and then flip to allow both sides of the tortilla to be lightly toasted.
3. Add a thin layer of pasta sauce, cheese, and beef or chicken on top of tortilla. Allow to heat throughout.
4. Remove from skillet and top with lettuce and tomatoes.
5. Slice into four wedges and serve immediately.
6. Repeat steps above to prepare the remaining five pizzas.

Recipe source: <http://healthyliving.tamu.edu/dinners/simple-skillet-pizzas/>

Nutrition Note: This recipe makes 6 pizzas. Each serving has 283 calories, 10 grams of fat and 33 grams of carbohydrates.

Breastfeeding:

Why breastfeed?



"I chose to breastfeed because I know it's better for my baby and for the bonding experience. I know he likes breastfeeding more than the bottle!"

~ Jordan, WIC Breastfeeding Mom from Bismarck, N.D.

For more information about breastfeeding, check out our breastfeeding website at www.ndhealth.gov/breastfeeding.

Chicken Tacos

1½ to 2 pounds boneless, skinless chicken breasts, cut up (need a total of 4 cups chicken)
1 can (14.5 ounces) low sodium chicken broth
1 package (1.25 ounces) taco seasoning
8 whole wheat tortillas
Taco toppings – lettuce, tomato, salsa, reduced-fat shredded cheese, etc.

1. Place chicken, chicken broth and taco seasoning in a crock pot.
2. Cook on low for 8 hours.
3. Shred, then serve on whole wheat tortillas with desired toppings.

Nutrition Note: This recipe makes 8 tacos. Each taco (without toppings) has 180 calories, 4.5 grams of fat and 25 grams of carbohydrates.

Refrigerator Bran Muffins

4 cups shredded zucchini (peeling is optional)
1 quart buttermilk
5 cups All Bran® cereal
3 cups sugar
1 teaspoon salt
1 tablespoon cinnamon
3 eggs, beaten
1 tablespoon oil, such as canola, vegetable, etc.
1 tablespoon vanilla
5 teaspoons baking soda
5 cups flour

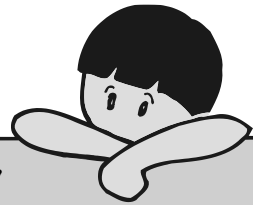
1. Combine zucchini, buttermilk, cereal, sugar, salt, cinnamon, eggs, oil and vanilla.
2. Set the mixture aside in the refrigerator until cereal has softened (about 1 hour).
3. Stir in soda and flour.
4. Line muffin tins with paper liners, then fill $\frac{2}{3}$ full with batter.
5. Bake at 375 degrees for 25 minutes.

Notes: You can freeze the batter in the muffin tins. To thaw, refrigerate tins overnight, then bake in the morning. If you do not have buttermilk, substitute $\frac{1}{2}$ cup lemon juice and $3\frac{1}{2}$ cups skim or 1% milk.

Nutrition Note: This recipe makes 60 muffins. Each serving has 140 calories, 4.5 grams of fat and 23 grams of carbohydrates.



The *Pick-WIC Paper* is developed for the
Special Supplemental Nutrition Program for
Women, Infants and Children
North Dakota Department of Health
Division of Nutrition and Physical Activity
600 E. Boulevard Avenue., Dept. 301 - Bismarck, N.D. 58505-0200
800.472.2286, option 1



Turn Off the TV

Follow-the-Leader: Think of different things to lead your child over, under, through, off, on, up and down. As you lead, change your actions by walking, crawling or jumping.

Source: Iowa WIC Program

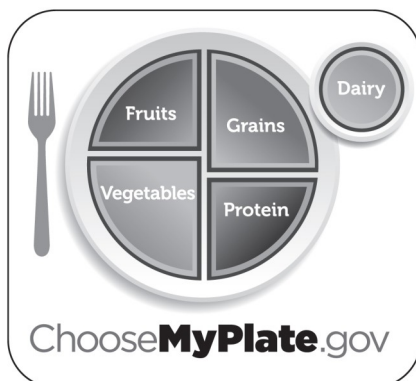
Baked Oatmeal

$\frac{1}{3}$ cup butter
2 large eggs
 $\frac{3}{4}$ cup brown sugar or honey
1 $\frac{1}{2}$ teaspoons baking powder
1 $\frac{1}{2}$ teaspoons vanilla
1 $\frac{1}{2}$ teaspoons cinnamon
 $\frac{1}{4}$ teaspoon salt
 $\frac{1}{4}$ cups skim or 1% milk
3 cups oatmeal (regular or quick)
 $\frac{1}{2}$ cup raisins

1. Melt butter in a small microwave-safe bowl. Set aside.
2. In a medium sized mixing bowl, beat the eggs.
3. Add brown sugar or honey, baking powder, vanilla, cinnamon and salt to eggs and mix well until there are no lumps.
4. Whisk in melted butter and milk.
5. Add oatmeal and raisins. Stir well.
6. Pour mixture into a $1\frac{1}{2}$ quart baking dish coated with nonstick cooking spray.
7. Refrigerate overnight, then bake uncovered at 350 degrees for 30 to 40 minutes, or until set in the middle.
8. Serve hot with milk.

Nutrition Note: This recipe makes 12 servings. Each serving has 210 calories, 7 grams of fat and 33 grams of carbohydrates.

GROWING HAPPY FAMILIES



Make half your grains whole grains

To eat more whole grains, substitute a whole-grain product for a refined product – such as eating whole-wheat bread instead of white bread, brown rice instead of white rice or corn or whole-wheat tortillas instead of flour tortillas.